

**Министерство образования Республики Беларусь
Учреждения образования
«Гомельский государственный университет
имени Франциска Скорины»**

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**АНГЛИЙСКИЙ ЯЗЫК
THE ENGLISH LANGUAGE**

**ПРАКТИЧЕСКОЕ РУКОВОДСТВО
для студентов
специальности 1 – 03 02 01
«Физическая культура»**

**Гомель
ГГУ им. Ф. Скорины
2012**

УДК 811. 111. (075.8)

ББК 81. 432. 1 – 923

З–38

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Рекомендовано к изданию научно-методическим советом
учреждения образования «Гомельский государственный
университет имени Франциска Скорины»

Захарова, М.С.

З–38 Английский язык = The English Language : практическое
руководство для студентов специальности 1 – 03 02 01
«Физическая культура» / М.С. Захарова, В.Ю. Старокожева ;
М-во образования РБ, Гомельский гос. ун-т им. Ф. Скорины. –
Гомель : ГГУ им. Ф. Скорины, 2012. 47 с.
ISBN

Целью практического руководства является развитие и
совершенствование у обучаемых лексико-грамматических навыков говорения
по темам, предусмотренным программой по дисциплине «Английский язык»
для студентов неязыковых специальностей. Данное практическое
руководство предназначено для студентов 1 курса факультета физической
культуры специальности 1 – 03 02 01 «Физическая культура».

УДК 811. 111. (075.8)

ББК81. 432. 1 – 923

ISBN

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Введение

Настоящее практическое руководство предназначено для студентов 1 курса факультета физической культуры специальности «Физическая культура» и имеет целью развитие и совершенствование у обучаемых лексико-грамматических навыков говорения по темам, предусмотренным программой по дисциплине «Английский язык» для студентов неязыковых специальностей.

Руководство состоит из аутентичных (адаптированных с учетом реальных знаний студентов) текстов для чтения, посвященных определенной тематике, а также комплекса послетекстовых упражнений, направленных на формирование и развитие у обучаемых коммуникативных навыков в рамках заданной проблематики.

Комплексная организация учебного материала и коммуникативная направленность пособия способствуют активизации и совершенствованию навыков практического владения английским языком.

Unit 1

The United Kingdom of Great Britain and Northern Ireland

The United Kingdom of Great Britain and Northern Ireland is the official name of the state which is sometimes referred to as Great Britain or Britain (after its major isle), England (after its major historic part) or the British Isles.

The United Kingdom of Great Britain and Northern Ireland is situated on the British Isles. The country consists of four formerly independent countries. They are England, Scotland, Wales and Northern Ireland. The capital of Scotland is Edinburgh, the capital of Wales is Cardiff, the capital of Northern Ireland is Belfast and the capital of England is London. England, Wales and Scotland occupy the territory of Great Britain. Northern Ireland is situated in the northern part of Ireland.

The country is surrounded by seas on all sides and is separated from the continent by the English Channel and the Strait of Dover. The British Isles consist of more than 5,000 small islands. The biggest of them is Great Britain. The geographical position favoured the development of the United Kingdom as a great sea country. It's famous for great geographical discoveries and glorious victories of the British fleet.

The country occupies an area more than 200,000 square kilometers. It is a densely populated country. The population is about 57 million people. About 80 per cent of the population live in town.

The flag of the United Kingdom, known as the Union Jack, is made up of three crosses. The upright red cross is the cross of St. George, the patron saint of England. The white diagonal cross is the cross of St. Andrew, the patron saint of Scotland. The red diagonal cross is the cross of St. Patrick, the patron saint of Ireland.

The scenery and landscape of Great Britain are very diverse. There you can find flat valleys and high land, forests and lake areas. The highest mountain peaks are Ben Nevis in Scotland and Snowdon in Wales. The rivers in Great Britain are not long. The Thames is the most important waterway in the country, though the longest river is

the Severn. The Mersy is another long river which once played an important role in British trade and commerce.

There are many lakes in Great Britain. On the north-west there is the Lake District, containing the beautiful lakes which give it its name. This district is widely known for its association with the history of English literature and especially with the name of William Wordsworth (1770-1859), the founder of the Lake School of poets.

As for the climate of Great Britain it is moderate and mild due to the influence of the warm waters of the Gulf Stream. The summers are usually cooler than on the continent. There is a lot of rain in autumn and winter. The weather in Britain is very changeable.

The United Kingdom is a highly developed industrial state. Historically British industry started chiefly as heavy and textile industry. There are hardly any coal mines in Britain today, but textile industry is still prospering. The United Kingdom produces and exports iron and steel products, machinery and electronics. One of the chief industries is shipbuilding. The biggest industrial centres are London, Glasgow, Liverpool, Sheffield, Birmingham and Manchester. The most important ports are: London, Liverpool, Southampton, Belfast, Glasgow and Cardiff.

The British say that they grow most of the food they consume, but of course some of the food like coffee, tea, fruit and wine is imported. The chief agricultural crops are wheat, barley, oats, potatoes and fodder grasses.

The UK is a prosperous state with high living standards. I hope that one day I'll be able to visit this country and see its sights with my own eyes.

Vocabulary notes

to refer to

— относиться к чему-либо

to surround

— окружать

to separate

— отделять, разделять

the English Channel

— Ла-Манш

the Strait of Dover

— Па-де-Кале (Дуврский пролив)

glorious

— славный

fleet

— военно-морской флот

the patron saint	— покровитель
diverse	— разнообразный
valley	— долина
machinery	— машинное оборудование
consume	— съедать, поглощать
barley	— ячмень
crop	— сельскохозяйственная культура

Exercises

Ex.1 Give English equivalents to the following words and word combinations.

Остров, состоять из, независимый, занимать территорию, столица, развитие, великие географические открытия, окружать, отделять, крест, покровитель, ландшафт, многообразный, вершина горы, мягкий, изменчивый, текстильная промышленность, ячмень, население, высокий уровень жизни, долина, славная победа, съедать (поглощать), водный путь, густонаселенная страна, влияние, машинное оборудование, кораблестроение, сельскохозяйственная культура, овсяное зерно.

Ex. 2 Find in the text synonyms to the following words.

Autonomous, unsteady, finding, landscape, successful, metropolis, commerce, navy, main, various.

Ex. 3 Insert prepositions in the sentences.

1) The United Kingdom ... Great Britain and Northern Ireland is situated ... the British Isles.

2) The country consists ... four formerly independent countries.

3) The United Kingdom is surrounded ... seas ... all sides and is separated ... the continent ... the English Channel and the Strait of Dover.

4) It's famous ... great geographical discoveries and glorious victories ... the British fleet.

5) The flag ... the United Kingdom, known as the Union Jack, is made ... three crosses.

6) As ... the climate of Great Britain it is moderate and mild ... the influence ... the warm waters of the Gulf Stream.

7) The UK is a prosperous state ... high living standards.

Ex. 4 Complete the sentences according to the text.

1) The United Kingdom of ... and Northern Ireland consists

2) The capital of Scotland is

3) The geographical position favoured

4) About ... per cent of the population

5) There you can find

6) The Mersy is another long

7) The flag of the UK

8) On the north-west there

9) The weather in Britain

10) The United Kingdom produces and exports

11) The British say that

12) The United Kingdom is a prosperous

Ex. 5 Say if the sentences given below are true or false to the text.

1) The United Kingdom consists of England, Scotland, Wales and Ireland.

2) The country is not surrounded by seas on all sides.

3) The British Isles consist of more than 5,000 small islands.

4) The population of the United Kingdom is about 45 million people.

5) The flag of the UK is made up of four crosses.

6) The rivers in Great Britain are not long.

7) The longest river in Great Britain is the Thames.

8) There are few lakes in the United Kingdom.

9) The climate of Great Britain is moderate and mild.

10) There is not much rain in autumn and winter.

- 11) The United Kingdom is a highly developed industrial country.
- 12) Heavy industry is prospering.
- 13) The British grow all of the food they consume.
- 14) The United Kingdom is a prosperous state with low living standards.

Ex. 6 Answer the questions according to the text.

- 1) What countries does the United Kingdom of Great Britain and Northern Ireland consist of?
- 2) What is the capital of Wales?
- 3) The capital of Northern Ireland is Edinburgh, isn't it?
- 4) Is the country surrounded by seas on all sides?
- 5) Is the United Kingdom separated from the continent by the English Channel or by the Gulf of Panama?
- 6) How many islands do the British Isles consist of?
- 7) The United Kingdom is a sea country, isn't it?
- 8) What area does the country occupy?
- 9) What is the population of the United Kingdom?
- 10) The highest mountain peaks are Ben Nevis and Mont Blanc, aren't they?
- 11) What river is the most important waterway?
- 12) Is the climate of Great Britain moderate and tropical?
- 13) The weather in Britain is very changeable, isn't it?
- 14) What industry does the United Kingdom have?
- 15) What are the biggest industrial centres?
- 16) What are the chief agricultural crops?

Ex. 7 Translate these sentences into English and arrange them in the right order according to the text.

- 1) Географическое положение благоприятствовало развитию Соединенного Королевства как огромной морской державы.
- 2) Британцы говорят, что они выращивают большую часть продуктов, которые они потребляют.
- 3) Мерси – другая длинная река, однажды игравшая важную роль в британской торговле.

- 4) Соединенное Королевство Великобритании и Северной Ирландии состоит из четырех раньше независимых стран.
- 5) Основные сельскохозяйственные культуры – картофель, пшеница, ячмень, овес и кормовые травы.
- 6) Реки в Великобритании не длинные.
- 7) Сегодня в Британии едва ли есть угольные шахты, но текстильная промышленность все еще процветает.
- 8) Страна окружена морями со всех сторон.
- 9) Погода в Великобритании очень изменчивая.
- 10) Около 80 % населения живет в городе.

Ex. 8 Supplementary reading. Read the text using a dictionary and ask your mates the following questions.

- 1) Do traditions play an important part in people's life in Britain?
- 2) What are the formal ceremonies in Britain?
- 3) Where does a British family prefer to live?
- 4) Do British people love animals?
- 5) What holiday don't the Scots celebrate?

Traditions and Customs in Britain

Every nation and every country has its own customs and traditions. In Britain traditions play a more important part in people's life than in other countries.

The British are proud of their traditions and carefully keep them up. Some ceremonies are rather formal, such as the Changing of the Guard at Buckingham Palace, Trooping the Colour, the State opening of Parliament. Sometimes you will see a group of cavalymen riding on black horses through the streets of London. They wear red uniforms, shining helmets, long black boots and long white gloves. These men are Life Guards. Their special duty is to guard the king or the queen of Great Britain and very important guests of the country.

To this day a British family prefers a house with a fireplace and a garden to a flat in a modern house with central heating. Most British love gardens. Sometimes the garden in front of the house is a little square covered with cement painted green in imitation of grass and a box of flowers. They love flowers very much.

The British like animals very much, too. Pet dogs, cats, horses, ducks, chickens, canaries and other friends of man have a much better life in Britain than anywhere else. In Britain they have special dog shops selling food, clothes and other things for dogs. In recent years the British began to show love for more «exotic» animals such as crocodiles, elephants, tigers, cobras, camels.

Holidays are especially rich in old traditions and are different in Scotland, Ireland, Wales and England. Christmas is a great English national holiday and in Scotland it is not observed at all. But six days later, on New Year's Eve the Scots begin to enjoy themselves. All the shops and factories are closed in New Year's Day. People invite their friends to their houses. Greetings and presents are offered.

Some British traditions are strange, some are funny but they are all interesting.

Ex. 9. Supplementary reading. Read the text using a dictionary and ask your mates the following questions.

- 1) Do the British like tea?
- 2) When was tea introduced to Britain? By whom?
- 3) What is the procedure of making tea?

Time for Tea

The British and tea are inseparable. 8 out of 10 people in Britain drink tea every day and Britain imports about 20% of all the world's tea. Tea makes up about half of all that a British person drinks.

Tea didn't come to Europe until 1610 and was introduced to Britain in 1657 by Catherine of Braganza, King Charles II's wife. But by the 1800's, the exotic drink became so popular that special ships were designed to bring it quickly from China.

Most people in Britain drink tea with black leaves although now herbal teas which do not contain caffeine are becoming more popular.

The taste of teas can be very different even if they are from the same farm and expert tea-tasters have to blind them to ensure that packets of tea which have the same label taste the same when you buy them in a shop.

The British are very fussy about how their tea is made. The teapot must be warmed before the tea is put in, the water must be boiling properly, the right quantity of tea is made – «one spoon for each person and one for the pot» – must be used and the tea must be brewed for three minutes. They see the drinking of tea as the opportunity to relax for a few minutes. It's also regarded as a great comforter. If you've just suffered a misfortune in Britain and you call on a friend, you're likely to be told, «Oh well, just sit down and I'll make you a nice cup of tea»!

Ex. 10 Supplementary reading. Give the written translation of the text.

British Character

One of the most striking features of British life is the self-discipline and courtesy of people of all classes. There is little noisy behavior, and practically no loud disputing in the street. People do not rush excitedly for seats in buses or trains, but take their seats in queues at bus stops in a quiet and orderly manner.

The British are naturally polite and are never tired in saying «Thank you», «I'm sorry», «Beg your pardon». If you follow anyone who is entering a building or a room, he will hold a door open for you. Many foreigners have commented on a remarkable politeness of the British people.

The British don't like displaying their emotions even in dangerous and tragic situations, and ordinary people seem to remain good-tempered and cheerful under difficulties.

They don't like any boasting or showing off in manners, dress or speech. Sometimes they conceal their knowledge: a linguist, for example, may not mention his understanding of a foreigner's language.

Ex. 11 Speak on.

- 1) The geographical position of the United Kingdom.
- 2) The landscape and climate of the country.
- 3) The industry of the United Kingdom.

Unit 2

London and its Places of Interest

When we think of Paris, Rome, Madrid, Lisbon and other European capitals, we think of them as «cities». When we think of the whole of modern London, the capital city of England and the United Kingdom, that great area covering several hundred square kilometres, we do not think of it as «a city», not even as «a city and its suburbs». Modern London is not one city that has steadily become larger through the centuries; it is a number of cities, towns, and villages that have, during the past centuries, grown together to make one vast urban area.

London is one of the largest and one of the world's most enjoyable cities. It offers visitors a great variety of places of interest. It's a city of dream of everybody interested in English history and culture. There are three things that make London the place of the greatest attraction to visitors: its architecture, its famous museums and galleries, and, finally, the Royal traditions which are so thoroughly observed in the country.

London was founded by the Romans and is more than twenty centuries old. Its population is about eight million people. The most important parts of London are the City, the East End, the West End and Westminster. They are very different from each other.

The City is the oldest part of London, the country's commercial and financial centre. The bank of England and some of the richest companies in the world have their headquarters in the City. Two masterpieces – St. Paul's Cathedral and the Tower of London – are situated in the City. St. Paul's Cathedral is the greatest Church of England. It was built in the 17th century by Sir Christopher Wren. There are a lot of memorials in the cathedral including those to Wellington and Admiral Nelson. The Tower of London is associated with many important events in the English history. It used to be a royal palace and a political prison. Now it's a museum.

The West End is the most beautiful part of London. Trafalgar Square is situated in the West End. It was named so in memory of Admiral Nelson's victory at Trafalgar in 1805. There are usually a lot of visitors walking about the square and looking at Nelson's column and the fountains. The National Gallery which adjoins Trafalgar

Square is also in the West End. It contains an outstanding collection of paintings. Not far from the National Gallery is the British Museum – the biggest museum in London. It's famous for its library and its priceless collections of ancient manuscripts, coins, sculptures and so on.

Westminster is the historic and official part of London. Buckingham Palace, the Queen's official London residence, is situated in Westminster. There one can see one of the most colourful ceremonies

– the Ch

called officially the Palace of Westminster, spread magnificently on the north bank of the Thames. Westminster Palace is the seat of the British Government. Opposite the Houses of Parliament is Westminster Abbey. It is the place where all English kings and queens were crowned. Westminster Abbey is also famous for its Poets' Corner where many of the greatest English writers and poets are buried. It would be exciting to touch the gravestones and to read the epitaphs on the graves of the famous British people.

If you want to get a good idea of London you should also visit the East End. It used to be the poorer part of London, its industrial district. But over the recent years many parts of the East End have been rebuilt and renovated.

The suburbs of London cover a vast area. A lot of people live there and travel to the center every day to work.

London is a cosmopolitan city. People of several races and many nationalities live there.

Vocabulary notes

modern

- современный

place of interest

- достопримечательность

architecture

- архитектура

royal traditions

- королевские традиции, обычаи

the Romans

- римляне

to found

- основывать

headquarters

- головной офис

masterpiece

- шедевр

cathedral

- собор

church	- церковь
in memory of	- в память о
victory	- победа
to adjoin	- прилегать
to contain	- содержать
outstanding	- выдающийся, знаменитый
priceless	- бесценный
the Changing of the Guard	- смена караула
Poets' corner	- уголок поэтов
to bury	- захоронить
gravestone	- надгробный камень
suburbs	- окраина, пригород
cosmopolitan	- многонациональный

Exercises

Ex. 1 Give English equivalents to the following words.

Достопримечательность, окраина, промышленный район, выдающийся, современный, столица, огромная городская зона, простираться, площадь, королевский дворец, город мечты, восстановить, архитектура, королевские традиции, основать, римляне, население, торговый и финансовый центр страны, головной офис, шедевр, собор, церковь, памятник, события, политическая тюрьма, в память о, победа, прогуливаться, прилегать, бесценный, смена караула, уголок поэтов, захоронить, эпитафия, могила, многонациональный город, отстроить заново.

Ex. 2 Find in the text synonyms to the following words.

Metropolis, huge, sight, significant, monument, jail, triumph, include, prominent, invaluable, region, renew.

Ex. 3 Match the words with their definitions.

- | | |
|---|----------------|
| 1) restore something old,
especially a building to a good
state of repair | a) masterpiece |
|---|----------------|

- | | |
|---|--------------|
| 2) building in which objects of historical, scientific, artistic, or cultural interest are stored and exhibited | b) church |
| 3) a work of outstanding artistry, skill, or workmanship | c) palace |
| 4) outlying district of a city, especially a residential one | d) museum |
| 5) a building used for public Christian worship | e) adjoin |
| 6) a large and impressive building forming the official residence of a ruler, king, queen, etc | f) colourful |
| 7) be next to and joined with a building, room, or piece of land | g) renovate |
| 8) having much or varied colour; bright | h) suburbs |

Ex. 4 Insert prepositions in the sentences.

- 1) London is a city ... dream ... everybody interested ... English history and culture.
- 2) London was founded ... the Romans.
- 3) The bank of England and some ... the richest companies ... the world have their headquarters ... the City.
- 4) St. Paul's Cathedral was built ... the 17th century ... Sir Christopher Wren.
- 5) The Tower of London is associated ... many important events ... the English history.
- 6) Trafalgar Square is situated ... the West End.
- 7) It was named so ... memory ... Admiral Nelson's victory ... Trafalgar in 1805.
- 8) The Houses of Parliament spread magnificently ... the north bank ... the Thames.
- 9) ... the Houses ... Parliament is Westminster Abbey.
- 10) A lot of people live there and travel ... the center every day ... work.

Ex. 5 Complete the sentences according to the text.

- 1) London is one of
- 2) London was founded
- 3) The most important parts of
- 4) The City is the oldest
- 5) Two masterpieces
- 6) The West End is
- 7) The National Gallery which
- 8) Westminster is
- 9) Buckingham Palace, the Queen's
- 10) Westminster Abbey is famous
- 11) The East End used to be
- 12) People of several races and

Ex. 6 Say if the sentences given below are true or false to the text.

- 1) London offers visitors a great variety of places of interest.
- 2) London was founded by Celts and is more than twelve centuries old.
- 3) London is divided into three parts: the City, the West End and the East End.
- 4) St. Paul's Cathedral and the Tower of London are situated in the East End.
- 5) The West End is the most beautiful part of London.
- 6) Trafalgar Square, the National Gallery and the British Museum are situated in the City.
- 7) Westminster is the oldest part of London, the country's commercial and financial centre.
- 8) Buckingham Palace and the Houses of Parliament are situated in the West End.
- 9) The East End used to be the poorer part of London, its industrial district.
- 10) People of few races and nationalities live in London.

Ex. 7 Answer the questions according to the text.

- 1) Is London the capital of the United Kingdom or France?
- 2) What does London offer its visitors?
- 3) Are there many places of interest in London? Can you name them?
- 4) Whom was London founded by? How old is it?
- 5) What are the most important parts of London?
- 6) Is the City the oldest part of London?
- 7) What part of London is the country's commercial and financial centre?
- 8) Are there any masterpieces in the City? What are they?
- 9) Was the Tower of London a political prison?
- 10) What part of London is the most beautiful?
- 11) Where are the National Gallery and the British Museum situated?
- 12) What is the historic and official part of London?
- 13) What is the Queen's official London residence?
- 14) Where is Buckingham Palace situated?
- 15) What is the official name of the Houses of Parliament?
- 16) What part of London is the industrial district?
- 17) Would you like to visit London in future? Why?

Ex. 8 Translate these sentences from Russian into English and arrange them in the right order according to the text.

- 1) Самым красивым районом Лондона является Вэст Энд.
- 2) Если вы хотите получить хорошее представление о Лондоне, вам следует посетить Ист Энд.
- 3) Лондон был основан римлянами.
- 4) Букингемский дворец, официальная резиденция королевы в Лондоне, находится в Вестминстере.
- 5) Самые важные районы Лондона – это Сити, Ист Энд, Вэст Энд и Вестминстер.
- 6) Лондон является городом мечты для каждого, кто заинтересован в английской истории и культуре.

7) Два шедевра – собор св. Павла и Лондонский Тауэр – находятся в Сити.

8) Национальная галерея содержит знаменитую коллекцию картин.

9) Вестминстерский Дворец является местом встреч британского правительства.

10) Сити – самый старый район Лондона, торговый и финансовый центр страны.

Ex. 9 Supplementary reading. Read the text using a dictionary and ask your mates the following questions.

1) What kind of museum is Madam Tussaud's?

2) What people can you see in this museum?

3) Where is the museum situated?

4) Do many tourists visit Madam Tussaud's?

Madam Tussaud's

Madam Tussaud's is the most popular and talked about wax museum in the world. There are wax models of the famous and infamous, living and dead, from every walk of life.

Elvis Presley, the Beatles, the Rolling Stones, Marilyn Monro, Michael Jackson, Alfred Hitchcock, Charlie Chaplin, the British Royal family, Bill Clinton, Jack the Ripper ... There is no other place where you can see all the celebrities at once, even if they are only wax figures.

So if you want to rub shoulders with kings and queens or the latest pop stars, or probably with notorious criminals, this is the place to go.

The museum is situated in Marylebone Road, not far from the street which is famous as the home of the first great detective in fiction, Conan Doyle's Sherlock Holmes.

There's usually a long queue in front of the museum. No wonder! Many tourists would consider their trip to London worthless if they didn't visit the famous Madam Tussaud's.

Ex. 10 Supplementary reading. Give the written translation of the text.

The New Face of London

With the arrival of the new millennium London's face has changed. From now on, the UK's capital is going to be an even more exciting place to visit.

The observation wheel erected on the bank of the River Thames is more than double the height of Big Ben! It's called the London Eye and on a clear day you'll be able to see 7 countries from its top! The Wheel doesn't stop for passengers – instead they just walk into the large egg-shaped glass capsules while it is in motion. A full trip takes 30 minutes.

The Millennium Dome is probably the most ambitious of all millennium projects. It's the largest building of its kind in the world. It's over 50 metres high and over 300 metres in diameter. It's as high as Nelson's Column, could swallow 2 Wembley Stadiums, 3300 double-decker buses and still have some spare room!

The Dome was designed by the architect Richard Rogers, who created the Pompidou Centre in Paris. There are 14 exhibition zones in the Dome, and each of them has something to amaze and educate everyone who visits it. In Home Planet zone, for example, you'll be able to go on a virtual trip through space.

The Millennium Bridge is a thin blade of steel with wooden decking, connecting the Tate Gallery of Modern Art on Bankside with the steps of St. Paul's Cathedral. It's the first pedestrian-only bridge to be built across the Thames for more than 100 years.

Ex. 11 Speak on.

- 1) London as capital of the United Kingdom.
- 2) The City as the oldest part of London.
- 3) The West End as the most beautiful part of London.
- 4) Westminster as the historic part.
- 5) Places of interest in London.

Unit 3

Political System of the United Kingdom

Political system of Great Britain is rather complicated, so I will limit my story to a few words about its constitution, Monarch and Parliament.

Today, Great Britain is a constitutional monarchy. That means that the Monarch (the Queen) represents the people as Head of State. The power of the monarch is hereditary and not elective, but it is limited by Parliament. As they say, Queen reigns but does not rule.

The constitution of the United Kingdom is not written in one place. It consists of various elements, including statutes, important court cases and established practices. The key principles of the constitution are the rule of law and the sovereignty of Parliament.

Parliament is made up of two chambers, the House of Commons and the House of Lords.

The House of Commons has 650 Members of Parliament (MPs) who each represents a particular part of the country, a constituency. General Elections are generally held every five years. MPs win their seats in Parliament by a majority vote. That means that the candidate who wins the most votes becomes the MP for that constituency. After the general election, the leader of the party that has the most seats in the House of Commons becomes Prime Minister. He chooses ministers to be responsible for individual departments, for example, the Foreign Secretary (responsible for the Foreign and the Commonwealth Office) and the Home Secretary (responsible for domestic affairs). They, and the number of other important ministers, form the Cabinet, which advises the Prime Minister.

The House of Lords has around 1200 members, made up of two Archbishops and twenty-four bishops, hereditary peers and peeresses (who have inherited their title) and life peers (whose title is only for their lifetime and will not pass to their children).

Each autumn the Monarch goes to Westminster for The State Opening of Parliament and reads out a speech which sets out the Government's plans for the year ahead.

Vocabulary notes

statute	— устав, законодательный акт парламента
court cases	— судебные дела
the rule of law	— власть закона
the sovereignty of Parliament	— верховная власть парламента
chamber	— палата
the House of Lords	— палата представителей
the House of Commons	— палата лордов
MPs (members of Parliament)	— члены парламента
constituency	— избирательный округ
the general elections	— всеобщие выборы
majority vote	— большинством голосов
to vote	— голосовать
Prime Minister	— Премьер -министр
the Foreign Secretary	— министерство иностранных дел
the Home Secretary	— министерство внутренних дел
the Cabinet	— кабинет
hereditary	— наследственный
to inherit	— наследовать, передавать по наследству
archbishop	— архиепископ
bishop	— епископ
peer	— лорд , пэр
peeress	— супруга пэра / лорда, леди
the State Opening of Parliament	— церемония открытия парламента
government	— правительство

Exercises

Ex. 1 Match the antonyms.

a) a few

1) to lose

- | | |
|-------------------|----------------|
| b) various | 2) unimportant |
| c) complicated | 3) adults |
| d) to win | 4) few |
| e) constitutional | 5) least |
| f) most | 6) domestic |
| i) important | 7) private |
| j) foreign | 8) easy |
| k) children | 9) absolute |
| l) state | 10) same |

Ex. 2 Match the synonyms.

- | | |
|------------------|---------------|
| a) monarch | 1) difficult |
| b) particular | 2) to include |
| c) complicated | 3) general |
| d) offsprings | 4) queen |
| e) to consist of | 5) to consult |
| f) common | 6) main |
| i) various | 7) children |
| j) to advise | 8) certain |
| k) key | 9) home |
| l) domestic | 10) different |

Ex. 3 Complete the following statements.

- 1) Great Britain is a ... monarchy.
- 2) ... is the Head of State.
- 3) The power of the Monarch is
- 4) The constitution of Great Britain
- 5) The key principles of the constitution are
- 6) Parliament is made up
- 7) The House of Commons has
- 8) General Elections
- 9) MPs win their seats by
- 10) After a general election
- 11) Prime Minister chooses
- 12) The Cabinet
- 13) The House of Lords consists of

- 14) Each autumn the monarch
- 15) Political System of Great Britain is

Ex. 4 Find English equivalents to the words in brackets.

- 1) Political System of Great Britain is (довольно сложная).
- 2) The Monarch represents the people as Head of (государство).
- 3) The power of the Queen is (наследственный) and (ограничивать) by Parliament.
- 4) The constitution of Great Britain consists of (различный) elements.
- 5) The (главный) principles of the constitution are (власть закона) and (верховная власть парламента).
- 6) There are two (палата) in the British Parliament: (палата лордов) and (палата представителей).
- 7) The House of Commons (состоять из) 650 members of Parliament.
- 8) Every MP represents a particular (избирательный округ).
- 9) General Elections (проводиться) every five years.
- 10) Prime Minister chooses a number of important ministers (ответственный за) individual departments.
- 11) The most important secretaries in Great Britain are (министерство иностранных дел) and (министерство внутренних дел).
- 12) The Cabinet (консультировать) the Prime Minister.
- 13) The House of Lords is made up of (архиепископы), (епископы), (лорды) and (супруги лордов).
- 14) Hereditary peers (передавать по наследству) their title.
- 15) (Церемония открытия парламента) takes place each autumn at Westminster.

Ex. 5 Answer the following questions.

- 1) Is political system of Great Britain complicated?
- 2) Is Great Britain a constitutional or absolute monarchy?
- 3) Who is Head of State in Great Britain?
- 4) Is the power of the monarch absolute?
- 5) What is peculiar about the British constitution?

- 6) What are the main principles of the British constitution?
- 7) What chambers does the Parliament consist of?
- 8) How often are general elections held?
- 9) What is a constituency?
- 10) How many members are there in the House of Commons?
- 11) How do MPs win their seats in Parliament?
- 12) What does a “majority vote” mean?
- 13) Who becomes the Prime Minister of the country?
- 14) Who chooses ministers to be responsible for individual departments?
- 15) Who forms the Cabinet?
- 16) What is the key function of the Cabinet?
- 17) Who is Prime Minister of the country now?
- 18) Where is the seat of the British government?
- 19) What are the main political parties in Great Britain?
- 20) What is the ruling party nowadays?

Ex. 6 Agree or disagree to the following statements.

- 1) Great Britain is a constitutional republic.
- 2) The power of the queen is elective and is not limited by Parliament.
- 3) The constitution of Great Britain is written in one place.
- 4) The British Parliament is made up of three chambers.
- 5) General Elections are held every four years.
- 6) There are 450 members of Parliament in the House of Commons.
- 7) The leader of the party that has the most seats in the House of Lords becomes Prime Minister.
- 8) The monarch chooses the most important ministers to be responsible for individual departments.
- 9) The key function of the Cabinet is to reach verdicts.
- 10) There are more than 1200 members in the House of Lords.
- 11) Life peers and peeresses inherit their title and pass it to their children.
- 12) Each autumn the Prime Minister reads out a speech which sets out his plans for the year ahead.

Ex. 7 Translate the following sentences from Russian into English.

1) Так как политическая система Великобритании довольно сложная, то я скажу несколько слов о конституции и парламенте.

2) Глава государства – королева, но ее власть ограничена парламентом. Это значит, что Великобритания – конституционная монархия.

3) Конституция Великобритании довольно отличается от конституции нашей страны.

4) В британском парламенте две палаты: палата лордов и палата представителей.

5) В палате лордов больше членов парламента, чем в палате представителей.

6) Каждый член палаты представителей избирается от определенного избирательного округа.

7) Лидер партии, имеющей большинство мест в палате представителей, становится премьер-министром.

8) Именно премьер-министр назначает самых важных министров, которые ему помогают.

9) В палате лордов есть лорды, которые передают свой титул по наследству, и лорды, у которых нет такого права.

10) Парламент начинает свою работу после официальной церемонии открытия парламента.

Ex. 8 Supplementary reading. Read the text using a dictionary and ask your mates the following questions.

- 1) What is the Commonwealth?
- 2) Is it a voluntary association?
- 3) What are the members of the Commonwealth?
- 4) Are all of the members independent states?
- 5) What are the aims of the Commonwealth?
- 6) How often are the Commonwealth Games held?

The Commonwealth

English is spoken as a first language by over 300 million people and used as a means of communication by many more worldwide. One of the historical reason for this is the spread of British rule during the British Empire. Now many of the countries which were once part of the Empire belong to a voluntary association, the Commonwealth. It is made up of fifty-one members, which are independent states, plus a number of dependencies (such as Bermuda, the Falkland Islands, Gibraltar, and, until 1997, Hong Kong) where Britain is responsible for defence, foreign affairs and internal security. All members recognize the British Queen as Head of the Commonwealth and in seventeen countries she is also Head of State. Members may have their own monarchies or be republics, like India.

The heads of government of the Commonwealth countries meet every two years to discuss matters of common interest. The aims of the Commonwealth are to combat discrimination, oppression and inequality and to promote world peace and cooperation on trade and development. There are strong cultural and sporting links among members. The Commonwealth Games are held every four years and are open to competitors from all member states.

Ex. 9 Supplementary reading. Give the written translation of the text using the notes below.

Notes

to commit a crime	– совершить преступление
to hear in court	– слушать в суде
civil cases	– гражданские дела
magistrates	– члены городского магистрата (судьи)
clerk	– секретарь
to reach a verdict	– вынести вердикт, принять решение
punishment	– наказание
trial	– суд, судебный процесс,

judge	судебное разбирательство
defendant	– судья
	– ответчик, подсудимый, обвиняемый
to plead (not) guilty	– признать (не) виновным
jury	– суд из 12 присяжных заседателей
to appeal	– подавать апелляционную жалобу
majority	– большинство

The Legal System in England and Wales

When the police believe that somebody has committed a crime, they arrest that person and the case is heard in court and treated as a criminal case. The courts also deal with civil cases, where no crime has been committed, such as cases of divorce or disputes over property.

Less serious criminal and civil cases are dealt with Magistrates' Courts, where there is no jury but a case is usually heard by two or three magistrates. Most magistrates work part-time and are not paid. They are given some training but do not need legal qualification. A clerk of the court advises them on the law. When they have heard the case, the magistrates reach a verdict and where necessary decide what punishment should be. Magistrates also decide what should happen to somebody between the time they are arrested and the time when the case is heard in court. They may allow the person to be free until the trial, if a sum of money paid, or keep the person in prison until the trial.

More serious cases are heard by judges in the crown court (for criminal cases) or the county courts (for civil cases). In cases when the defendant has pleaded guilty, the judge sits alone, without a jury, and after hearing the case, makes a decision. If the person pleads not guilty, he or she is tried before a jury. When the case has been heard, the judge explains the law to the jury and if the jury find the accused guilty, the judge decides what the punishment should be.

The jury in England and Wales is made up of twelve ordinary people aged between 18 and 65. When they have heard the case, they

retire into a special room to decide if the accused person guilty or not guilty. If they all agree, they have reached a verdict. If no more than two people disagree, the judge may ask for a majority verdict. If the accused is found guilty, he or she has the right to appeal and ask for the case to be heard by a higher court.

Ex. 10 Speak on.

- 1) The Monarch as Head of State.
- 2) The peculiarities of the British constitution.
- 3) The House of Lords.
- 4) The House of Commons.

Unit 6

The Republic of Belarus

Of course a lot can be said about Belarus but I'll limit my story to a few words about its geographical features, industry, education and culture.

The Republic of Belarus is a small, beautiful country which is situated almost in the centre of Europe. It occupies the territory of over 200.000 square kilometers and borders on Poland in the west, on Lithuania and Latvia in the north-west, on Russia in the east and on the Ukraine in the south. Belarus is located at the crossroads of the major European communication routes. The territory of the republic is divided into six regions: Brest, Vitebsk, Gomel, Grodno, Minsk and Mogilev. Each region is divided into administrative districts, called rayons. There are 118 administrative districts, 102 cities and 110 towns in Belarus. The capital of Belarus is Minsk.

The climate of the country is moderately continental. The breathing of the Baltic Sea is constantly felt here and even during the coldest winter months the temperature may rise well above zero.

The landscape of Belarus is very picturesque. It is a land of vast plains and green hills, big forests and meadows. The country is rich in water resources. There are thousands of lakes and rivers on the territory of Belarus. The biggest of the lakes is Lake Naroch, the pride of the republic. The longest rivers are the Nieman, the West Dvina, the Prypyat and the Sozh. A third of Belarus is covered with forests. With its numerous rivers and lakes, forests and meadows Belarus is a unique formation with hundreds of remarkable species of plants and animals. Belovezhskaya Pushcha is the biggest and the most beautiful national park of the country.

Belarus used to be called a land of bogs. Today a few million acres of land have been reclaimed and are used for arable farming. The chief crops are potatoes, flax, rye and various fodder grasses. Agriculture specializes in milk and meat production.

Nowadays Belarus is a country of developed industry, education and culture. Its biggest enterprises produce tractors and lorries,

refrigerators and TV sets, watches and bicycles. It exports potassium salt, tractors, electronic equipments and products of light industry.

There are more than 30 higher educational establishments in the country. There are about 30 professional theatres which stage plays by national and foreign playwrights.

About 80 per cent of the country's population are Belarusians. Among other nationalities inhabiting the country are Russians, Poles, Ukrainians, Tatars and others. The official languages of the country are the Belarusian and the Russian languages.

Nowadays the Republic of Belarus has become a sovereign independent state. The Declaration of State Sovereignty was adopted by its Supreme Soviet on July 27, 1990. Belarus is a presidential republic. The President of the Republic of Belarus is head of state, guarantor of the Constitution, human rights and freedoms.

There are three branches of state power in the Republic of Belarus – Legislative (National Assembly), Executive (Council of Ministers) and Judicial (Supreme Court).

Belarus is a member of the United Nations and a number of the international organizations.

Vocabulary notes

to border	– граничить
picturesque	– живописный
sovereign	– суверенный
potassium salt	– калийная соль
meadow	– луг
bog	– болото
presidential republic	– президентская республика
legislative	– законодательный
executive	– исполнительный
judicial	– судебный
National Assembly	– национальное собрание
Council of Ministers	– совет министров
Supreme Court	– верховный суд
communication route	– путь сообщения

Exercises

Ex. 1 Give English equivalents to the following words.

Промышленность, граничить, умеренно континентальный, живописный, широкая равнина, луг, многочисленный, поразительный, болото, калийная соль, легкая промышленность, высшее учебное заведение, население, суверенное независимое государство, законодательный, исполнительный, судебный, глава государства.

Ex. 2 Find in the text synonyms to the following words.

Mountain, desert, wonderful, subdivision, marsh, middle, colourful, great in number.

Ex. 3 Match the words with their definitions.

- | | |
|---|----------------|
| 1) a large area covered chiefly with trees and undergrowth | a) river |
| 2) a piece of grassland, especially one used for hay | b) agriculture |
| 3) an area of land under the jurisdiction of a ruler or state | c) education |
| 4) a large area of water surrounded by land | d) capital |
| 5) a large natural stream of water flowing in a channel to the sea | e) culture |
| 6) economic activity concerned with the processing of raw materials and manufacture of goods in factories | f) forest |
| 7) the science or practice of farming, including cultivation of the soil for the growing of crops and the rearing of animals to | g) lake |

provide food, wool, and other products

8) the process of receiving or giving systematic instruction, especially at a school or university

h) country

9) the arts and other manifestations of human intellectual achievement regarded collectively

i) meadow

10) the city or town that functions as the seat of government and administrative centre of a country or region

j) industry

Ex. 4 Fill in the blanks with the words and word combinations given below.

1) Belarus ... the territory of over 200.000 square kilometers.

2) Belarus is ... at the crossroads of the major European communication routes.

3) There are three ... in the Republic of Belarus.

4) A third of Belarus is ... with forests.

5) Nowadays the Republic of Belarus has become a ... independent state.

6) The country is ... in water resources.

7) Agriculture ... in milk and meat production.

8) Belarus is a ... republic.

9) There are more than 30 higher ... in the country.

10) Belovezhskaya Pushcha is the biggest and the most beautiful ... of the country.

(educational establishments, located, national park, presidential, specializes, occupies, sovereign, covered, branches of state power, rich)

Ex. 5 Insert prepositions in the sentences.

1) The Republic of Belarus is situated almost ... the centre ... Europe.

2) The Declaration of State Sovereignty was adopted ... the Supreme Soviet ... July 27, 1990.

3) Agriculture specializes ... milk and meat production.

4) Belarus borders ... Poland ... the west, ... Lithuania and Latvia ... the north-west, ... Russia ... the east and ... the Ukraine ... the south.

5) The country is rich ... water resources.

6) The territory ... the republic is divided ... six regions.

7) A third of Belarus is covered ... forests.

8) There are thousands of lakes and rivers ... the territory ... Belarus.

Ex. 6 Arrange the following words into your own sentences.

1) Europe / of / Belarus / in / the / centre / situated / is.

2) crossroads / major / routes / Belarus / at / the / communication / located / of / the / is / European.

3) very / landscape / Belarus / is / the / picturesque / of.

4) country / education / is / developed / nowadays / a / culture / and / of / Belarus / industry.

5) country's / per cent / Belarusians / about / are / the / 80 / of / population.

6) languages / are / the / Belarusian / the / official / Russian / country / and / of.

7) head / Republic / of / the / state / the / is / of / President / Belarus / of / a.

Ex. 7 Say if the sentences are true or false to the text.

1) Belarus borders on Lithuania and Latvia in the south, on Russia in the north, on Poland in the west and on the Ukraine in the east.

2) The climate of the country is moderately continental.

3) The Republic of Belarus is poor in water resources.

4) The chief crops are potatoes, flax, rye and various fodder grasses.

5) The capital of the country is Gomel.

- 6) Belarusian enterprises produce tractors and automobiles, TV sets and computers, motor cycles and bicycles.
- 7) About 35 per cent of the country's population are Poles.
- 8) The official language of the Republic of Belarus is Belarusian.
- 9) The Declaration of State Sovereignty was adopted by the Supreme Soviet on June 27, 1990.
- 10) There are three branches of state power in Belarus – Legislative, Executive and Judicial.
- 11) The head of the state is the king.

Ex. 8 Answer the questions according to the text.

- 1) Is the Republic of Belarus situated in the centre of Europe?
- 2) Belarus occupies the territory of over 300.000 square kilometers, doesn't it?
- 3) What countries does Belarus border on?
- 4) How are administrative districts called?
- 5) Is the climate of the republic moderately continental or tropical?
- 6) What is the country rich in?
- 7) What are the longest rivers in Belarus?
- 8) The chief crops are potatoes, flax, rye and various fodder grasses, aren't they?
- 9) Is Belarus a country of developed industry?
- 10) What do country's enterprises produce?
- 11) How many regions are there in the Republic?
- 12) Are there a lot of educational establishments in Belarus?
- 13) Are Belarusians the only nationality in the country?
- 14) Russian and Belarusian languages are not official languages in the Republic of Belarus, aren't they?
- 15) When was the Declaration of State Sovereignty adopted?
- 16) Are there two branches of state power in the Republic?
- 17) Who is the head of the state?
- 18) Each region is divided into administrative districts, isn't it?
- 19) What is the capital of the country?

Ex. 9 Rearrange sentences in the right order according to the text.

1) Nowadays Belarus is a country of developed industry, education and culture.

2) It is a land of vast plains and green hills, big forests and meadows.

3) The territory of the republic is divided into six regions: Brest, Vitebsk, Gomel, Grodno, Minsk and Mogilev.

4) Belarus used to be called a land of bogs.

5) There are more than 30 higher educational establishments in the country.

6) The capital of Belarus is Minsk.

7) Nowadays the Republic of Belarus has become a sovereign independent state.

8) The Republic of Belarus is a small, beautiful country which is situated almost in the centre of Europe.

9) There are about 30 professional theatres which stage plays by national and foreign playwrights.

10) Belarus borders on Poland in the west, on Lithuania and Latvia in the north-west, on Russia in the east and on the Ukraine in the south.

11) Belarus is a member of the United Nations and a number of the international organizations.

12) About 80 per cent of the country's population are Belarusians.

13) The climate of the country is moderately continental.

14) With its numerous rivers and lakes, forests and meadows Belarus is a unique formation with hundreds of remarkable species of plants and animals.

15) According to the existing constitution the head of the state is the President.

Ex. 10 Supplementary reading. Read the text using a dictionary and ask your mates the following questions.

1) When did our republic regain independence?

2) What are the original Belarusian tribes?

3) What was Polatsk?

4) When did Belarusian culture flourish?

5) What language influenced the Belarusian language?

From the History of Belarus

Belarus is the Eastern Slavic nation (variously called Byelorussia, White Russia, White Ruthenia). Historically part of the Grand Duchy of Lithuania, Poland and Russia, it regained its independence on the 27th of July, 1990.

Politically the rebirth of the nation, heralded by Kastus Kalinowski in 1863, dates back to the Proclamation of Belarusian Independence on the 25th of March, 1918 and the establishment of Belarus as a political entity on the 1st of January, 1919.

The original Belarusian tribes are Kryvichy. Kryvichy, Dryhovichy, Radzimichy, Lucichy and Sievieranie, were related to the Baltic nations, and grouped in independent principalities, of which the most powerful was Polatsk, a port and fortress on the river Dvina, which flows into the Baltic Sea. The princess of Minsk owed allegiance to the principality of Polatsk, until they were united by marriage and political expediency into the Grand Duchy of Lithuania and Belarus.

The middle Belarussian language was the official state language of the united Grand Duchy from the 13th to the late 17th century, and the Code of Laws of 1588 – the Lithuanian Statute was a compilation of that language. During this period Belarusian culture flourished to its highest level and developed its distinctive quality in almost every field.

In the 16th century in the result of numerous wars, the Great Dukes formed the Union with the Kingdom of Poland. The old principalities were remoulded into provinces, though the status of the Kingdom of Grand Duchy remained that of dual Monarchy with separate laws and customs, known as the Rechpaspalitaya (Commonwealth) until 1795. Cultural decline set in, the Belarusian language was greatly influenced by Polish.

Ex. 11 Speak on.

- 1) The geographical positions of the Republic of Belarus.
- 2) Our country's landscape and weather.
- 3) The state system of our country.

Unit 5

About My Future Profession

Physical culture and sport like any social phenomenon have deep historical background. Traditional sports like archery, swimming, canoe-rowing, national wrestling and others have been popular for centuries.

There are Institutes of Physical Culture, schools for coaches and specialized secondary schools in our country. The physical culture department of Gomel State University named after Francisc Scorina trains high-skilled physical culture and sports specialists. The students of the department take up various sports. They go in for track-and-field, gymnastics, skating, skiing, academic rowing and so on. The students train hard and show good results in sports. Many students of the physical culture department are members of the National Team.

Today the physical culture department is also a research centre where physical culture and sports problems on a republic's scale are being solved. The department has four laboratories where research workers and physical culture specialists carry out their scientific experiments. Dozens of students do not only take an active part in sports but participate in the work of different students' research societies and hobby-groups.

After graduating from the physical culture department young specialists generally work as instructors, coaches and referees at various sports societies, clubs and schools. They help people to develop strength, endurance and flexibility, to keep healthy, strong and active in life.

As for me, I am studying to become a teacher of physical culture. I made my choice long ago as physical culture has always played an important part in my life. Why is it so important to me?

I am absolutely sure that physical culture is the most necessary thing in our life and day-to-day activities. It makes our bodies physically strong and keeps us in good shape. It prevents us from getting too fat and gives us so valuable practice in making eyes, brain and different muscles of our body work together. It makes us more

self-organized and better disciplined. As they say: «A sound mind in a sound body». So I think physical culture is of vital importance if you want to keep fit, be healthy and optimistic in life.

Vocabulary notes

archery	– стрельба из лука
swimming	– плавание
rowing (canoe-rowing, academic rowing)	– гребля (гребля на каноэ, академическая гребля)
wrestling	– борьба
track-and-field	– легкая атлетика
gymnastics	– гимнастика
skating	– конькобежный спорт
skiing	– лыжный спорт
to train	– тренироваться
to go in for sport, to take up sport	– заниматься спортом
member of the National Team	– член Национальной сборной
research centre	– исследовательский центр
scientific	– научный
to solve	– решать
to carry out	– проводить
to participate in	– принимать участие в
coach	– тренер
referee	– судья
to develop	– развивать
to keep in good shape	– поддерживать в хорошей физической форме
to keep healthy (to keep fit)	– быть здоровым
to quicken reaction	– ускорять реакцию
endurance	– выносливость
flexibility	– подвижность
muscles	– мускулы
sound	– здоровый

Exercises

Ex. 1 Match the antonyms.

- | | |
|---------------------|----------------|
| a) to be healthy | 1) unpopular |
| b) good | 2) to give up |
| c) different | 3) to enter |
| d) to take up | 4) weak |
| e) high-skilled | 5) young |
| f) to prevent | 6) pessimistic |
| g) popular | 7) bad |
| h) to graduate from | 8) mental |
| i) optimistic | 9) unqualified |
| j) strong | 10) similar |
| k) physical | 11) to assist |
| l) old | 12) to be ill |

Ex. 2 Match the synonyms.

- | | |
|----------------------|--------------------|
| a) important | 1) to train |
| b) to keep fit | 2) qualified |
| c) to participate in | 3) contest |
| d) high-skilled | 4) thick |
| e) valuable | 5) to go in for |
| f) to develop | 6) ancient |
| g) fat | 7) to take part in |
| h) different | 8) high results |
| i) to take up | 9) to keep healthy |
| j) good results | 10) various |
| k) competition | 11) precious |
| l) old | 12) vital |

Ex. 3 Complete the following statements.

- 1) Physical culture and sport have
- 2) Traditional sports like
- 3) There are ... in our country.

- 4) The physical culture department trains
- 5) The students of the department take up
- 6) The students of the department show
- 7) The department has
- 8) Dozens of students participate in
- 9) After graduating from
- 10) Physical culture helps people

Ex. 4 Find English equivalents to the words in brackets.

- 1) Physical culture is an (общественный) phenomenon.
- 2) Our university (готовить) qualified physical culture specialists.
- 3) Many students (заниматься) track-and-field, wrestling and rowing.
- 4) The best sportsmen (являться) members of the National Team.
- 5) All students of the physical culture department (принимать участие в) international competitions.
- 6) The students of the department (проводить) various scientific experiments.
- 7) After the university young specialists work as instructors and coaches at different (спортивные общества).
- 8) Physical culture helps people (развивать) flexibility and strength.
- 9) Physical culture (заставлять) our muscles work.
- 10) A (здоровый) mind in a (здоровый) body.
- 11) It is necessary to go in for sport if you want to be (здоровый) and (активный) in life.
- 12) Gymnastics is the best way to develop (выносливость) and (гибкость).
- 13) Swimming is good to (поддерживать хорошую спортивную форму).
- 14) I absolutely (быть уверенным) that sport is very important for day-to-day activities.
- 15) There are many (различный) kinds of sport to choose from.

Ex. 5 Answer the following questions.

- 1) Why do physical culture and sport have deep historical background?
- 2) What kinds of sport have been popular for centuries?
- 3) Are there institutions of physical culture in our country?
- 4) Does our university train physical culture and sports specialists?
- 5) What sports do the students of the department go in for?
- 6) Do the students of the department show good results in sport?
- 7) Are there members of the National Team among the students of the physical culture department?
- 8) Is the physical culture department a research centre?
- 9) Are the students of the department interested in science?
- 10) Do they carry out scientific experiments?
- 11) What helps students become good specialists?
- 12) Where do the students of the department work after graduating from the university?
- 13) Is physical culture important?
- 14) What does physical culture prevent us from?
- 15) What should you do to keep fit and healthy?

Ex. 6 Agree or disagree to the following statements.

- 1) Physical culture and sport are quite modern phenomena.
- 2) Traditional sports have become popular in recent years.
- 3) The physical culture department trains qualified specialists.
- 4) The majority of students of the physical culture department are professional sportsmen.
- 5) All the students of the physical culture department are members of the National Team.
- 6) The department of physical culture is an important scientific centre.
- 7) The students of the department carry out scientific experiments.
- 8) Science plays a significant role in the promotion of physical culture nowadays.
- 9) After graduating from the physical culture department young people become professional sportsmen.
- 10) The role of physical culture and sport is exaggerated.

Ex. 7 Translate the following sentences from Russian into English.

1) Физическая культура и спорт – древнее общественное явление.

2) Наш университет готовит квалифицированных специалистов в области физической культуры и спорта.

3) Студенты факультета физической культуры занимаются различными видами спорта и показывают высокие спортивные результаты.

4) Многие студенты являются членами Национальной сборной и принимают участие в международных соревнованиях.

5) Наш университет – крупный исследовательский центр.

6) На факультете физической культуры имеется четыре лаборатории, где студенты могут проводить разнообразные научные эксперименты.

7) После университета студенты факультета физической культуры могут работать инструкторами, тренерами и судьями.

8) Физическая культура и спорт играют важную роль в жизни каждого человека.

9) Физическая культура и спорт развивают силу и выносливость.

10) Физическая культура помогает поддерживать хорошую спортивную форму, заставляет все мускулы и органы тела работать.

11) Физическая культура и спорт дисциплинирует и организует.

12) Если ты хочешь оставаться в хорошей физической форме, ты должен тренироваться.

13) Если ты не хочешь стать полным, тренируй свое тело!

14) Чтобы развить гибкость и ловкость, занимайся спортом!

15) Чтобы быть здоровым и активным, ты должен заниматься спортом.

Ex. 8 Supplementary reading. Read the text, translate it without a dictionary and answer the following questions.

- 1) What Belarussian Olympic champions do you know?
- 2) What leading sportsmen in your kind of sport do you like best?
- 3) What sports facilities are there in your native city?
- 4) Have you ever taken part in an international competition?
- 5) What qualities are needed to become a professional sportsmen?

I am not a sporty girl though I understand that a certain amount of exercise is necessary to keep your body in good shape. It is not surprising that sport is given a great deal of attention all over the world as it helps to bring up strong and healthy people. It creates, so to speak, a healthy body for a healthy mind.

An important attraction of sport is also its competitive and challenging nature. Men have always wanted to prove who is the strongest, the quickest, the highest. The roots of men's desire to display their physical health and beauty go back to ancient times when the idea of the Olympic Games first appeared. In ancient Greece the Olympic Games were held every four years. The winner was given a branch of wild olive and that was the greatest honour. After nearly 300 Olympiads they were stopped by the Roman Emperor of the time. 1500 years had passed and the Games started again in Greece in 1896.

Belarussian athletes took part in the Olympics in 1952 for the first time and have been their participants since then. The greatest Olympic achievements have been gained by Belarussian sportsmen in gymnastics and athletics. The greatest success was achieved by Olga Korbut more than twenty years ago. She impressed the world with the complexity and novelty of her performance. One of the American newspapers suggested that gymnastics should be basically divided into two periods – before Olga and after Olga. Outstanding results were shown by Alexander Medved, a heavy-weight wrestler, three-time Olympic champion.

At present sport in our country is paid a lot of attention to by the government and much is being done to set up all the necessary facilities for its development. Physical education is an essential part of the school and university curricula.

I am sure that either as a player or merely as a spectator almost every person likes sport. Some people do sports professionally, others have regular work outs to keep fit, but not to take part in contests.

As for me, I am not a sporty person in a true sense of the word. I do not take much interest in sports. Nevertheless, as a fan I do have my favourite sport, which is figure-skating. I have never done it myself, but I love watching world and European championships. I am always fascinated by the grace, speed and skill of the skaters and how well they can dance on the ice.

There is no denying the fact that great sportsmen have even the right to be called outstanding people because they have done their utmost to reveal man's ability both in the physical and moral aspects.

Ex. 9 Make up dialogues of your own.

- 1) My favourite kind of sport.
- 2) The most interesting competition in my life.

Ex. 10 Speak on.

- 1) The kind of sport you go in for.
- 2) Your favourite sportsman.
- 3) Your future speciality as you see it.

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Производственно-практическое издание

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АНГЛИЙСКИЙ ЯЗЫК
THE ENGLISH LANGUAGE

ПРАКТИЧЕСКОЕ РУКОВОДСТВО

для студентов специальности
1 – 03 02 01 «Физическая культура»

В авторской редакции

Подписано в печать _____ Формат 60x84 1/16.

Бумага офсетная. Ризография. Усл. печ. л. _____

Уч.- изд. л. _____ Тираж _____ экз. Заказ № _____

Издатель и полиграфическое исполнение:
учреждение образования
«Гомельский государственный университет
имени Франциска Скорины»

ЛИ № _____ от _____

Ул. Советская, 104, 246019, г. Гомель.